

## Upcoming Family Workshops

**\* For assistance with registering, call 410-313-5992 (voice/ relay) or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov)**

**\* To request sign language, interpreter or other accommodations to attend, call at least one week in advance.**

### November:

#### **Nothing I Do Works: A Parent's Guide to Challenging Behaviors**

The Pyramid Model is a comprehensive, research-based approach that considers all the factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

**Tuesday, November 1, 7:00 - 8:00 p.m. Free Virtual Workshop. Register [here](#)**

#### **Worries, Concerns & Apprehension**

Even in the Elementary years, schoolwork, friends, reactions to negative experiences, or just the anticipation of something happening can overwhelm a child. With all of these everyday occurrences, many parents report about the anxiety and stress that it puts on their children and the entire family. Attend this workshop to:

- Review the signs and the symptoms of worry in children
- Understand how to identify what is causing your child stress
- Learn techniques to teach and demonstrate strategies to help your child process and work through their worries
- Ask questions to a mental health professional on how to help your family

**Thursday November 10, 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop**

#### **Sibling Rivalry**

Winter is around the corner and with cold weather, school breaks and holidays, there will be more family time. That increased time together can spike sibling squabbles. This workshop is for parents experiencing challenges between their children such as arguing, name calling and fighting. We will cover why sibling rivalry occurs and practical ways you can navigate and reduce conflict, manage siblings' rivalry in-the-moment, and foster good long-term relationships.

**Thursday, November 17, 7:00 to 8:00 p.m. Free Virtual Workshop, Register [here](#)**

#### **Discipline and Communication in the Elementary Years**

Moving into the school year and getting into the swing of new expectations can lead to a lot of strong emotions and conflict in the household for the entire family. Discipline is about teaching and skill building –not punishment. Your goal as a parent is to help your child to become self-disciplined. Attend this session to develop strategies to proactively prevent meltdowns by preparing your home and routine to encourage success. Become familiar with temperament types, tune into different needs and learn how to use this information to individualize your interactions with your child. We will discuss ways to effectively communicate with your child and the importance of structure, consistency and self-esteem to help build a growth mind set.

**Wednesday, November 30, 7:00 p.m. to 8:15p.m. Free Online Workshop, Register [here](#)**